



San-Mateo Foster City Elementary SD

(R13900) 1% White Milk	Total Carbohydrate (g)	
	Recipe	Carton
Milk 1%	16.00	16.00
	16.00	16.00

* Total includes one or more missing nutrient data.

(D1001) Apple Juice	Total Carbohydrate (g)	
	Recipe	Carton
Juice, Apple 4.23 Oz - 40ct	14.00	14.00
	14.00	14.00

* Total includes one or more missing nutrient data.

(D0116161205) Applesauce Cup	Total Carbohydrate (g)	
	Recipe	Cup
Applesauce Unsweetened Cups - USDA	14.00	14.00
	14.00	14.00

* Total includes one or more missing nutrient data.

(REC0002) Bagel and Cream Cheese	Total Carbohydrate (g)	
	Recipe	Serving
Cream Cheese - SUB	2.00	2.00
Bagel IW - 3oz	44.60	44.60
	46.60	46.60

* Total includes one or more missing nutrient data.

(F21800) Banana Bread	Total Carbohydrate (g)	
	Recipe	Each
Bread Banana IW Integrated	50.51	50.51
	50.51	50.51

* Total includes one or more missing nutrient data.



(F132101) Blueberry Muffin	Total Carbohydrate (g)	
	Recipe	Each
Muffin, Blueberry 3oz - Elsa	38.00	38.00
	38.00	38.00

* Total includes one or more missing nutrient data.

(D030518050112) Cereal - Cocoa Puffs - RS	Total Carbohydrate (g)	
	Recipe	Serving - 2oz
Cereal - Cocoa Puffs - RS	47.00	47.00
	47.00	47.00

* Total includes one or more missing nutrient data.

(F132103) Chocolate Chip Muffin	Total Carbohydrate (g)	
	Recipe	Each
Muffin, Choc Chocolate Chip 3oz - Daves	40.00	40.00
	40.00	40.00

* Total includes one or more missing nutrient data.

(F23010606) Chocolate Chip Waffle	Total Carbohydrate (g)	
	Recipe	Each
Waffle - Chocolate Chip WG IW	36.00	36.00
	36.00	36.00

* Total includes one or more missing nutrient data.

(D3504) Cinnamon Toasters Cereal	Total Carbohydrate (g)	
	Recipe	Each
Cinnamon Toasters	43.00	43.54
	43.00	43.54

* Total includes one or more missing nutrient data.

(F3150) Concha	Total Carbohydrate (g)	
	Recipe	Each
Concha	34.00	34.00
	34.00	34.00

* Total includes one or more missing nutrient data.



(REC0024) Egg, Cheese & Tater Tots Breakfast Burrito	Total Carbohydrate (g)	
	Recipe	Serving
Cheese Cheddar Shredded	0.28	0.28
Egg Patty 3.5" Bulk - Sub	1.00	1.00
Potato, Tater Tots RS	10.50	10.50
Salsa Bulk	1.96	1.96
Tortilla, Whole Wheat Flour 10" - Do not buy	31.32	31.32
	45.06	45.06

* Total includes one or more missing nutrient data.

(R13901) Fat Free Chocolate Milk	Total Carbohydrate (g)	
	Recipe	Carton
Milk Chocolate FF	21.00	21.00
	21.00	21.00

* Total includes one or more missing nutrient data.

(F2501 1) French Toast Breakfast Bar	Total Carbohydrate (g)	
	Recipe	Bar
Benefit Bar - French Toast	47.00	47.00
	47.00	47.00

* Total includes one or more missing nutrient data.

(F06180514) French Toast Sticks	Total Carbohydrate (g)	
	Recipe	Each - 2pc
French Toast Sticks IW	38.00	38.02
	38.00	38.02

* Total includes one or more missing nutrient data.

(R3002) Fruit - 1/2 cup	Total Carbohydrate (g)	
	Recipe	Serving - 1/2 cup
Fruit (1/2 cup)	7.60	15.66
	7.60	15.66

* Total includes one or more missing nutrient data.



(REC0001) Go-Gurt & Crackers	Total Carbohydrate (g)	
	Recipe	Serving
Yogurt Go-Gurt	7.94	7.94
Cracker Vanilla Bear	20.00	20.00
	27.94	27.94

* Total includes one or more missing nutrient data.

(D3501) Honey Scooters Cereal	Total Carbohydrate (g)	
	Recipe	Each
Cereal Honey Scooters LG	44.00	44.55
	44.00	44.55

* Total includes one or more missing nutrient data.

(F030914) Mini Cinnamon Rolls	Total Carbohydrate (g)	
	Recipe	Serving
Cinnamon Roll, Mini Cinnis	40.00	40.00
	40.00	40.00

* Total includes one or more missing nutrient data.

(F23101) Mini Maple Waffles	Total Carbohydrate (g)	
	Recipe	Bag
Waffles - IW - Mini Maple	36.00	36.00
	36.00	36.00

* Total includes one or more missing nutrient data.

(REC13210606 4) Muffin, Banana Chocolate Chip	Total Carbohydrate (g)	
	Recipe	Muffin , 1 serving
Fruit, Banana Slices Frozen	942.98	9.43
Spice - Salt Kosher	0.00	0.00
Vanilla Extract	5.69	0.06
Sugar, brown light	750.00	7.50
Flour - Whole Wheat	1015.00	10.15
Egg, Liquid Pasteurized, Whole Frozen	0.00	0.00
Chocolate Chips - Mini	417.86	4.18
Butter, Unsalted	0.60	0.01
Baking Soda	0.00	0.00
Baking Powder	18.56	0.19

* Total includes one or more missing nutrient data.



(REC13210606 4) Muffin, Banana Chocolate Chip	Total Carbohydrate (g)	
	Recipe	Muffin , 1 serving
Flour , Dry All Purpose	1026.67	10.27
	4177.35	41.77

* Total includes one or more missing nutrient data.

(F2501) Oatmeal Chocolate Chunk Breakfast Bar	Total Carbohydrate (g)	
	Recipe	Bar
Benefit Bar - Oatmeal Chocolate Chunk	46.00	46.00
	46.00	46.00

* Total includes one or more missing nutrient data.

(F031815 01) Pork Ham & Swiss Cheese on a Croissant	Total Carbohydrate (g)	
	Recipe	Each
Croissant - Pork Ham & Swiss Cheese Breakfast IW	27.00	27.00
	27.00	27.00

* Total includes one or more missing nutrient data.

(D180100) Raisins	Total Carbohydrate (g)		
	Recipe	Bag	Each
Raisins	29.00	29.00	29.00
	29.00	29.00	29.00

* Total includes one or more missing nutrient data.

(F021806) Raspberry Breakfast Square	Total Carbohydrate (g)	
	Recipe	Square
Raspberry Breakfast Square WG	36.00	36.00
	36.00	36.00

* Total includes one or more missing nutrient data.

(F192001230205181825) Strawberry Stick	Total Carbohydrate (g)	
	Recipe	Each - 2 g
Strawberry Stick	34.00	34.00
	34.00	34.00

* Total includes one or more missing nutrient data.



(REC050707 3) Turkey Bacon and Cheddar Egg Bites	Total Carbohydrate (g)	
	Recipe	Each
Oil - Canola	0.00	0.00
Spice - Garlic Powder	0.36	0.01
Cheese Cheddar Shredded	2.27	0.08
Potato, Tater Tots RS	146.69	5.06
Turkey Bacon	10.00	0.34
Spice - Salt Kosher	0.00	0.00
Spice - Paprika Sweet Hungarian	0.27	0.01
Spice - Pepper, black ground	0.00	0.00
Milk 1%	9.60	0.33
Egg, Liquid Pasteurized, Whole Frozen	0.00	0.00
	169.19	5.83

* Total includes one or more missing nutrient data.

(REC0022 1) Turkey, Egg, Cheese & Tater Tots Breakfast Burrito	Total Carbohydrate (g)	
	Recipe	Serving
Cheese Cheddar Shredded	0.28	0.28
Egg Patty 3.5" Bulk - Sub	1.00	1.00
Potato, Tater Tots RS	10.50	10.50
Tortilla, Whole Wheat Flour 10" - Do not buy	31.32	31.32
Turkey Taco Filling - USDA	12.19	12.19
	55.30	55.30

* Total includes one or more missing nutrient data.

(REC0003 1) Yogurt Parfait w/Granola	Total Carbohydrate (g)	
	Recipe	Serving
Fruit (1/2 cup)	15.66	15.66
Granola, Bulk	42.77	42.77
Yogurt Vanilla LF- Producers Dairy	0.00	0.00
	58.43	58.43

* Total includes one or more missing nutrient data.

FILTERS	
Name(s)	Value(s)
Date Range	(Start = 3/2/2026, End = 3/31/2026)

**FILTERS**

Name(s)	Value(s)
Menu Plans	(MS Breakfast 2025-26)
Nutrients	(Total Carbohydrate)